

YOU SHOOT, YOU SCORE!

This advanced activity uses bouncing, dribbling, passing, and lifting skills. It's probably been awhile since your participants have bounced, dribbled, or passed a ball. This activity involves some distraction; they are walking and playing with a ball. It also integrates many aspects of balance, including gait, visual targets, core stability, agility, and coordination.

Benefits »

- Practices mobile agility and coordination.
- Uses visual targets in a challenging, fun activity.

Set It Up »

You will need stability balls or lightweight, soft playground balls in medium to large sizes, enough for one per person.

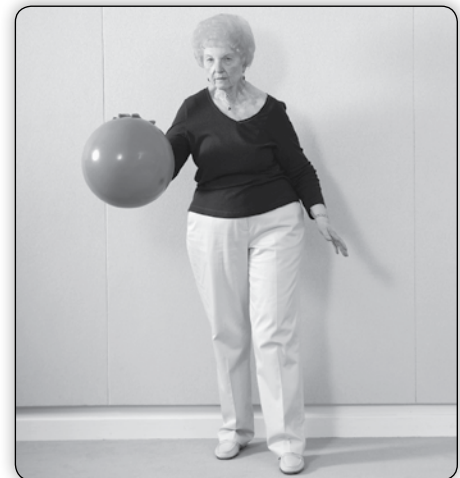
How to Do It »

Have participants stand with their back to a wall or in a corner, which gives them something to fall back on. Cue them to keep the knees soft and torso braced.

Bounce the Ball

Use the following cues.

- Bounce the ball once and catch it.
- Keep the knees soft and torso braced. Do it again.
- If all goes well, bounce it several times in a row.
- Change hands and bounce the ball with the other hand.
- Can you change hands with each bounce?



Toss and Catch

- Play toss-and-catch games.
 - First toss and catch the ball while seated.
 - Keep the torso stable but moveable.
- Stand for the toss and catch.
 - Wall is behind you.
 - Feet are offset toward your partner.
 - Torso is stable and knees are soft.
 - When you catch the ball, pull it toward you, not overhead.
 - Rock back a little as you catch it. (Helps absorb the momentum.)



Dribble, Pass, and Shoot

Dribbling involves bouncing a ball and walking at the same time. It is difficult for many participants, but they may show improvement quickly. Participants bounce the ball in place with both hands. Then they walk and dribble. Provide a box for them to shoot baskets in.

Keep It Safe »

It's not professional basketball—keep it simple. Participants should only try the parts of this activity that they want to. Different participants will want to do different skills, but they all score!

Live It »

Not only are participants keeping balanced while their limbs move, they are keeping balanced while being perturbed by external objects, like balls.